

COME AND SHARE YOUR IDEAS

AT THE

GENERAL GET-TOGETHER

PRESENTED BY

THE OTTAWA BRANCH

THE HUMAN ECOLOGY FOUNDATION OF CANADA

TO BE HELD AT THE

CRAFT ROOM, McNABB COMMUNITY CENTRE

180 PERCY STREET

7:30 P.M. WEDNESDAY, MARCH 23, 1983

WHERE

Members are invited to come and exchange recipes (bring a sample of your favourite dish along!), cooking tips, new ideas, problems, information concerning where to shop and how to dine out, and any other helpful hints and suggestions.

A good opportunity to see some familiar faces and to meet others trying to cope with ecological illness.

PLEASE!

NO PERFUMES.....NO SMOKING NO AFTER-SHAVE.
MANY MEMBERS ARE HYPERSENSITIVE TO THESE PRODUCTS.

HUMAN ECOLOGY FOUNDATION OF CANADA

OTTAWA BRANCH

BOX 11428, STATION H, NEPEAN, ONTARIO. K2H 7V1

FEBRUARY 1983

Editor: Estelle Drolet

No.20

NOTE: Advertisements do not in any way imply that the Human Ecology Foundation endorses any particular products or services mentioned herein. Readers with multiple sensitivities are advised to assess products carefully for personal compatibility, since individual sensitivities vary widely.

NEWSLETTERS

Since receiving the last local newsletter in September 1982 you should have received two H.E.F. National Quarterlies, one in November 1982 and one at the end of January 1983. If you were a paid member then and did not receive these, please contact our membership person Pat Grant, at 820-0697.

GENERAL MEETINGS

General meetings were held at the McNabb Community Centre on September 23 and October 21st. Dr. Carey S. Stevens spoke on "Overcoming Stress" and demonstrated biofeedback equipment used to help monitor and achieve a proper stress balance. Moira Geller, a physiotherapist, spoke on alternative relaxation methods and demonstrated the proper techniques for attaining full relaxation.

At the January 27th general meeting, Nora Muise, R.N., explained the importance of a diversified rotary diet and how to set it up.

CONFERENCES

The twelfth annual conference of the Canadian Schizophrenic Foundation will be held in Vancouver on April 22, 23 and 24. Topics and speakers are as follows:

Orthomolecular Nutrition -- Dr. Abram Hoffer, CSF President
Nutrient Supplements -- Dr. R. Kunin
Biochemical Models of Learning Disabilities - Dr. J.T.Hart
Young Criminal Offenders, Epidemiology, Causes & Treatment --
Dr. A. Schauss
Food Allergies -- Dr. Saul Pilar
Chemical Hypersensitivity -- Dr. S. Levine
Senility -- Dr. M. Galambos
Schizophrenia -- Dr. A. Hoffer

SOLICITING TIME

In Springtime, many organizations are either knocking on doors or reaching out through the mail services for financial support. You may wish to consider supporting those organizations which work towards similar goals as the H.E.F., or which indirectly help the allergic or chemically sensitive. The following organizations usually do not solicit funds directly, but you can support their efforts through a membership:

1. Allergy Information Association, Room 7, Poynter Drive, Weston, Ont. M9R 1K8. Subscription \$12.50
2. Non-Smokers Association, Box 5730, Station F., Ottawa. K2C 3M1. Membership \$6.50 per year; \$12.00 for 2 years; Student/Senior \$3 per year.
3. Pollution Probe, 53 Queen St., Ottawa. K1P 5C5. Membership \$4.00 for Student/Senior; \$8.00 Regular, \$15.00 per family.
4. The Ottawa-Carleton Lung Association, 765 Broadview Ave., Ottawa. K2A3X3. Tel. 728-4649. Support through Christmas and Easter Seal appeals.
5. The Canadian Schizophrenic Foundation, 2229 Broad St., Regina, Sask. S4P 1Y7. Information included in newsletters on the connection between food, chemical allergies and mental illness. Membership fee \$24.00
6. Canadian Organic Growers, Anne Macey, R.R.15, Lanark, Ont. K0G 1K0. Current membership is \$5, but subject to change soon. COG has submitted papers to the federal government recommending strong labelling and licensing procedures and the banning of Captan (a common fungicide suspected of being carcinogenic) in the home. Their representation also emphasized that there are alternatives to chemical fungicides and recommended that the Ministry of Agriculture adopt more benign growing practices. Agriculture Minister Whelan accepted the committee's recommendations to reduce acceptable residue levels to restrict household products to those containing less than 10% Captan. The interval between Captan spraying and harvesting has been increased for a two-year trial period.
7. Canadian Wildlife Federation: Did you know that this organization not only fights to achieve a nation-wide government acceptance and recognition for the need to preserve wildlife currently threatened or endangered, but also tackles major Canadian issues like Acid Rain? Did you know that acid rain is also deleterious to agricultural crops and that heavy metals leached from the soil by acid rain poison drinking water and accumulate in plants used by animals as forage? The CNF launched an appeal to over 5 million American citizens,

asking them to get behind the Canadian cause by insisting that U.S. politicians support the U.S. Clean Air Act Legislation to combat Acid Rain. The CWF also has registered its opposition in Ontario to the expansion of coal-fired plants without the installation of scrubbers and pre-treatment of fuels. CWF, 1673 Carling Ave., Ottawa. K2A 3Z1. \$17.50 per year. Junior \$17, and mini-membership \$12.50. Tel: 725-2191.

CLOTHING

COTTONS - good quality cotton blouses and slacks available at Starship, 248 Bank St., Fifth Ave., Court, upper level; Bayshore Shopping Centre, and Herongate Mall.

Very good natural fibre clothes (cotton, wool, linen, silk) available at Ports International, Richmond Square Plaza (behind Lincoln Fields) and at Eatons. Expensive, but watch for end-of season sales.

Cotton undergarments available at major department stores, such as Sears, Eatons, and The Bay.

COTTON SHOWER CURTAINS - available at IKEA store, Bells Corners.

FOOD

Diet Specialties Food Co-op, Wellington Street. This store has closed its doors due to a high rent increase.


Kingsmill Foods Company Ltd., 1399 Kennedy Rd., Scarborough. Ont. M1P 2L6. Some specialty foods offered by this company are: low-gluten, milk-free, egg-free, corn-free, low-sodium, low-protein, wheat-free, no-added-salt, soy-free, gluten-free mixes. A list of their products (including ingredients used) is being placed in our library, or you may write to them for the list. Many health food stores (such as Rainbow and Kardish) carry some of these products. Kingsmill also offers a mail order service.

Gluten-Free Diets - the following are sources of information and recipes for people on gluten-free diets:

Heinz Baby Food,
Doyle Dane Bernbach, Inc.
20 W. - 43rd St.
New York, NY 10036

Byrd Mill Co.,
PO Box 5167
Richmond, VA 23220

Request Celiac Disease prepared
in co-op with Hospital for Sick
Children in Toronto.


 The American Dietetic Assoc.
620 North Michigan Ave.,
Chicago, Ill.

Request Allergy recipes -
recipes with soy, rice and
oat flour.

Natural Sales Co.
Box 25,
Pittsburgh, Pa.

Request recipes from
Golden Harvest Prize
Winning recipes .

The Address of the Ottawa Chapter of the Celiac Association is
Nigel McLeod, 1 Nicholas St., Suite 606. Ottawa. K1N 7B7
Telephone: 236-8321 (office), 523, 5767 (home).

 ICE BEAN - by Farm Foods...a tasty substitute for ice cream.
Made from water, soy powder, honey, soy oil, pineapple, orange
juice concentrate, citric acid, soy lecithin, locust bean gum,
guar gum, Irish moss. Available at certain health food stores
such as Rainbow on Richmond Rd., and the Herb & Spice Store.

PAPAD - a tasty, crispy Indian curry biscuit, free from coloring
and adulteration, made from pulse flour, salt, edible oil,
pepper, sodium bicarbonate and spices. Available at Indian
Food specialty shops, Kardish Bulk Food on Merivale Road and
Bells Corners.

FALAFEL - a Near-Eastern garlicky concoction which delights the
strong-hearted. Made from ground fava beans, sesame seed, salt
herbs, spices and baking powder. Add water and fry.

For those who can afford the extra cost (considering the
exchange rate and shipping cost) the following are available
from Walnut Acres, Penns Creek, Pa. 17862.

Amaranth Flour - \$3.30 lb. and \$9.54 for 3 lb.

A new "seed" flour, high in protein. Recipes included.
Unsprayed peaches, blueberries, applesauce, cranberry
jelly sauce, whole cranberry sauce in 16 oz. tins -
approximate cost \$14.90 for 12 tins.

Preserves and jams from organically-grown fruits also
available.

Concentrated pure natural extracts - made with alcohol
and water, no propylene, glycol, caramel or synthetics.

If any of our members have found the above items in Ottawa
area health food stores, please advise us.

PRODUCTS

BON AMI POWDER - now available at Dominion - Herongate Mall
and Merivale Mall. Found with the window cleaners.
Thanks to Mrs. Osborne for the information.

CLEANING PRODUCTS - a pamphlet called "Alternative to Commercial Cleaners" which discusses hazardous substances in domestic packages, is available through Pollution Probe, Ottawa-Carleton, 54-53 Queen St., Ottawa. K1P 5C5. Send a stamped, self-addressed envelope (plus a small donation to cover costs, if you can).

PROFESSIONAL FURNACE CLEANING - your cooling or heating system should be cleaned regularly. The air passing through the duct system passes over germs, bacteria, dust and dirt trapped in these pipes. You therefore breathe dirty air which sometimes causes irritation to your nose and throat, and can be a source of allergy symptoms.

Power Vac of Ottawa Co., 1941 Michigan St., Ottawa. K1H 6Y1 (tel: 733-2364) advertises that they use ultra-modern equipment to clean all register boxes and pipes, the furnace including forced-air fan, fan chamber and heat exchanger, immediate area around furnace including air-conditioner, coils and plenum, if applicable; flue pipes and chimney are cleaned and safety-checked for leaks and proper draft.

CELLOPHANE BAGS - available from McArthur Paper Products, 65 Duncan Rd., Thornhill, Ont. (tel: 881-8855).

SHAKLEE PRODUCTS. The following Shaklee distributors, who are members of the H.E.F., are offering their products at wholesale prices to members holding a valid membership card:

Ron & Val Perkio, Orleans, 837-4944

Mr. Eldring, Shoppers City area, Baseline, 829-4126

Sheila Morrow, Barrhaven area, 825-4434.

GARDENING For the benefit of new members, information sheets are available from our membership chairperson, listing addresses of seed houses carrying "untreated seeds", plus other useful gardening information. Cost \$1.00

Fruit Tree Protection. A sheet called "Organic Protection of Fruit Trees" can be obtained from the Canadian Organic Growers Association, 33 Karnwood Drive, Scarborough, Ont. Send a self-addressed, stamped envelope. (if you are not a COG member, please include a small donation).

Soil Conditioner - a booklet put out by the Shaklee Company, called Basic-H, Soil Conditioner, Fact and Comments, has been placed in our library. This product has been used by some large-scale organic farmers in the U.S. and they have found it beneficial to the soil, promoting the growth of healthier plants, faster seed germination and a higher yield with less expense.

FREE GARDEN SPACE - Mrs. Di Setterfield (tel: 821-2987) is offering free garden space for organic vegetable growers. A tiller and manure are available at no charge at her Manotick farm, 12 miles south of Ottawa. She has never used chemical products on her land. An assortment of organically-grown vegetables from her own garden is also for sale in season.

STRAWBERRIES - A new, true, large-fruited, everbearing garden strawberry that can be grown from seed, "The Sweetheart Everbearing Strawberry". Listed in the 1983 Stokes Seed Catalogue, 39 James St., Box 10. St. Catharines, Ont. L2R 6R6. Also available from William Dam Seeds, PO Box 8400, Dundas, Ont. L9H 6M1.

POLLUTION

WORKING FOR HEALTH - The following is a reprint from an article which appeared in MEMO FROM PROBE - Fall 1982:

"Ottawa residents can go with their work-related health problems to a new organization called Occupational Health and Safety Committee. The Committee, which was formed last summer, has as its main objective the establishment of an occupational health "clinic". The clinic would act, among other things, as a supportive group in compensation cases, by providing information to workers.

One way in which this will be done is by tapping into the Canadian Centre for Occupational Health and Safety data base. The Committee would also carry on its own research into workers and their environments. This research would mean investigations into existing occupational hazards and legislation concerning worker protection. The resource centre would be open to the community, unions and individuals. Besides dealing with specific cases, the clinic will serve as a referral centre for individuals or unions seeking particular expertise."

Information about the new centre is available at 232-7154.

CARBONLESS PAPER - is a chemically treated paper which transfers ink from the back surface of one page to another. The back surface of the upper sheet is coated with tiny capsules of wax or gelatin that contain dyes or pigments in an oil. Pressure on the paper breaks the capsules, releasing the dye mixture onto the paper below. The lower paper is coated with a plastic material and chemicals that fix the color. Adverse reactions have been reported by workers and could be the result of exposure to oil vapors from the paper or dust containing oils, pigments and chemicals in the paper. High frequencies of problems were reported in some offices but none in others. This may depend on combinations of factors, including the brand of paper, the intensity of use and office conditions such as

ventilation and humidity. Problems reported include irritation of the nose, scratchy throat, itchy eyes. The International Labor Organization has sent out a hazard alert and world-wide request for more information. Reports from people who have used carbonless copy paper should be sent to ILO Hazard Alert Co-ordinator, the Canadian Centre for Occupational Health and Safety, 250 Main St. E., Hamilton, Ont. L8L 1H6 (Ottawa Citizen, December 20, 1982).

MOULD AND AIR CONDITIONERS -- a number of chemically sensitive people have installed air conditioners in their cars to avoid exhaust fumes and other pollutants. Please remember that air conditioners must be cleaned regularly as they become contaminated with a common mould called "thermoactinomyces Candidus".

Some people have reported feeling ill and that wheezing began when driving in their air-conditioned car. The symptoms might not be immediate, with some puzzling symptoms occurring as much as five or six hours after riding in the car.

(Prevention Magazine, September 1982).

HOME-GROWN LUNG DISEASE - A story appeared in Vogue magazine, September 1978, relating the most devastating effect of the above-mentioned mould on a 37-year-old woman. She held a job as a bank officer, did not smoke and had always enjoyed excellent health. She developed a lasting cough, found herself short of breath with even mild exertion. The symptoms disappeared during the summer, only to return far worse during the fall and winter. She had to take leave of absence from her job, and grew too weak to do housework. The bronchodilator drugs and steroid hormones prescribed had to be discontinued when she became severely depressed. After blood tests, X-rays, etc., had yielded negative results, a biopsy of lung tissue showed a pneumonia condition and damage to lung sacs. The diagnosis: allergic alveolitis.

The source of the problem was finally traced to her forced-air heating system, equipped with two in-line humidifiers. In the humidifier water they found organisms called "thermophilic actinomyces", which shed myriads of spores. These organisms are found not only in home humidifiers, but in window air-conditioner trays, evaporating trays of frost-free refrigerators, mist-inhalation devices, even in flower-vase water.

OIL RECYCLING

The City of Gloucester has recently joined the recycling bandwagon with the placement of its first two used oil wells at the city yard at Cyrville and Innes Roads and the Leitrim Yard next to the salt shed. Open 24 hours per day. Do-it yourself oil changers can deposit their used motor oil for recycling instead of dumping it into sewers or onto the ground. Drain the oil into a container with a tight-fitting lid and bring it to appropriate locations. See Newsletter 16 for nine other locations.

LIBRARY

THE PARIAH SYNDROME by Andrew Nikiforuk and Barbara Binczyk. A very good article appeared in the Aug/Sept 1982 issue of Harrowsmith Magazine on the topic of chemical sensitivities and multiple complex allergies. It not only relates present-day cases but discloses that clinical ecology is not really a new discipline. At the turn of the century, Francis Hare, an Australian psychiatrist, wrote a book called The Food Factor in Disease, describing cases in which common complaints, including mental problems, were attributed to eating well-known foods, and in the 1920s a California allergist, Albert Rowe, pursued this idea. A copy of the magazine is in our library. Address: Harrowsmith Magazine, Queen Victoria Rd., Camden East, Ont. K0K 1J0. Subscription \$13.50 for 6 issues, or \$ 2.50 per copy at your local supermarket or health food store.

THE SUSCEPTIBILITY REPORT by Bruce G. Small, P.Eng. is now in our library. This book deals with the formaldehyde problem, listing products which contain it and the often resultant susceptibility to other chemicals once sensitized to formaldehyde. Dr. Doris J. Rapp, author of Allergies and Your Family, and Allergies and the Hyperactive Child, has this to say about the book: "This book will help those who know they have the problem to figure out what to do about their contaminated homes and about unavoidable future exposures. The detailed documentation and extensive references will be invaluable to physicians, lawyers, contractors, educators and homeowners. It will make everyone more fully aware of the many unsuspected and unrecognized ramifications of this 20th century illness." Copies may be obtained from: Deco-Plans Inc., PO Box 3000, Cornwall, Ont. K6H 5R8. \$9.95 per copy, plus \$1 for postage and handling.

CHEMICAL HYPERSENSITIVITY. An interesting "medical" report appeared in the Canadian Schizophrenic Foundation newsletter, January 1983, on "Biochemical Mechanisms of Chemical Hypersensitivity: A Unifying Hypothesis", written by Stephen A. Levine, Ph.D. and Jeffrey H. Reinhardt, Ph.D. Copy soon to be in our library. (This report will be understood only by those with some medical background).

The conclusion of this article is that there is a common, underlying cause which is directly related to the free-radical induced, cellular changes initiated by these chemicals or their metabolic breakdown products, on the chemically hypersensitive patient. It is felt that anti-oxidant compounds should be included in the treatment of this type of patient. The responsibility, of course, lies with the clinician to create a specific treatment which will block and reverse the oxidation effects of the particular chemical(s) involved in each case.

LIBRARY BOOKS. It would be appreciated if the members holding the following library books and articles would get in touch with our librarian, Janet Lee, 828-2547, as soon as possible.

Sunnyhill by Bruce & Barbara Small

Brain Allergy by Wm. Philpott and D.K. Kalite

Against the Unsuspected Enemy by Amelia Nathan Hill

Food Allergy by John Geriand

Brain Allergy by the Environmental Health Association
of Greater Washington

Modern Lifestyles & Health (9 pages) by Dr. J. MacLennan

Soil, Food & Health (3 pages) by Dr. Stuart Hill

BOOKS

Nutri-Chem Pharmacy, 1303 Richmond Rd. (behind Lincoln Fields)
tel: 820-4200, now has a large book section covering nutrition,
allergies and other health-related topics..

PREVENTION MAGAZINE - You will pay slightly less for your
subscription to this magazine by ordering it from Prevention
Magazine, 29 Westmore Drive, Rexdale, Ont. M9V 9Z9.
\$14.97 for a year.

THE INTERNATIONAL JOURNAL FOR BIOSOCIAL RESEARCH is published quarterly. This Journal publishes research and articles on the history, development and problems of environmental, nutritional, genetic and biochemical factors that affect human behavior and social groups. A refereed and internationally abstracted Journal. Some topics recently covered: Nutrition Changes that Heighten Children's School Achievement; Smoking Cessation and Acid-Base Balance: Controlled Research; Double-Blind Study of the Effect of Sucrose on Deviant Behavior; Selenium and Human Chemical Hypersensitivities; Implications of Food and Chemical Susceptibilities for Clinical Psychology; Controlled Research on Food Dyes, Sucrose and Hyperkinesis; Surmusing Study on the Effect of Environmental Color on a Psychiatric Population; Effect of Visible Lightwaves on Arthritis: A double-blind Study; Effects of color upon Psychophysiological and Behavioral Reactions of Severely Behaviorally Disordered Children. Future studies include: Findings of a five-year controlled study on behavior and physical exercise; new report on nitrites and behavioral abnormalities in animals; double-blind study of specific chemicals provoking disordered behavior; a review of neuro-regulators and behavioral disorders; book reviews. Subscription rates are U.S. \$14. Canada \$18.

A compendium has been prepared of back issue articles and studies for those wishing to receive all research published since the Journal's inception at U.S. \$12. Subscriptions and inquiries should be sent to: PO Box 1174, Tacoma, WA 98401. USA.

EXERCISE

THE REBOUNDER AND BODY TONER - A number of HEF members have already purchased these mini-trampolines and with proper use have found this type of exercise beneficial to health. These units allow an overall body exercise within the controlled home environment. A book called The Miracles of Rebound Exercise by Albert E. Catter describes the benefits of this type of exercise, especially on the lymphatic system or what is also referred to as "The Immune System". As stated in previous newsletters, you are already aware of the particular importance in allergy and ecology of the immune system (Ref: HEF Quarterly Fall 1982). According to this book, "Rebound Exercise is a most efficient method of lymphatic circulation stimulation because it yields the greatest change in pressure for the least muscular effort. When rebounding, the body is subjected to a change in velocity and direction twice with each jump. It forces all of the cells together, squeezing the toxins, poisons from around the cellular tissue spaces, making it possible for the lymphatics to vacuum them up and cleanse the body."

There are two types of rebounders. One is a 38" diameter leather trampoline with 36 heavy-duty springs and 6 tubular legs. It can absorb a force of approximately 350 lb. A second type is made with approximately 800 separate nylon threads, with a total breaking strength of over 60 tons. They are available in sizes from 4 to 9 feet in diameter. Prices are from \$50 (on sale) for the tubular type, up to \$200 for the mesh type. Available at major department stores or through a local distributor, Mrs. Louise Shannon, at 729-5939. Mrs. Shannon will gladly answer any questions.

CAUTION: Some people believe that if a little exercise is good, much is even better. As with any exercise program, build your endurance gently and gradually. Books on the subject may be obtained through local Health Food stores.

NOTE: Reproduction of articles from HEF newsletters must be accompanied by appropriate recognition of HEF (with postal address), as well as reference to original sources quoted by HEF.

CONTEST: We would like to give a name to our local newsletter. The Toronto Chapter has named theirs "INKBLOTS". So test those "Old brain cells" and send in your suggestions by mail to our Nepean postal address. The winner will receive a year's free subscription to the HEF. Deadline March 20, 1983.

SPRAYING OF 2-4-D

Believe it or not, springtime is just around the corner. The pleasant conjuration of apple blossoms also share our thoughts with the yearly problem of fighting the spraying of the controversial herbicide 2-4-D.

The Environmental Advisory Committee of the City of Ottawa will be considering the control of weeds in City parks for 1983 by the use of 2-4-D or other means. The Commis is at present soliciting written submissions in order to help make recommendations to the City.

A few members of our Foundation are doing some research and working towards lodging a protest to the spraying. They cannot do it alone. They need your support! It is both your right and your responsibility to write and protest the spraying. This must be done immediately. Send your letter to Mayor Marion Dewar and City Council, City of Ottawa, 111 Sussex Drive, Ottawa. K1N 5A1. Even if you do not live in Ottawa, write in as we all, from time to time, take the benefit of using Ottawa City parks. You may wish to use some of the following points:

a) There is an increasing number of people showing signs and symptoms of hypersensitivities to a varying degree, not only to long-known causes, but to a great variety of chemicals and heavy exposure to air pollution.

b) One of the stated purposes of the spray program with herbicides is to control the growth of ragweed and other weeds, to protest hay fever sufferers. Ragweed is rarely, if ever, found in established sod, but rather at the edges of cultivated fields and unused broken ground. Ragweed pollen is disseminated by wind and carried for many miles from its point of origin. Many hay fever sufferers reside in urban areas which are removed from direct exposure to ragweed by many miles, but they still experience very severe symptoms. Allergy shots are available to treat ragweed allergy symptoms, but none are available to protect us against the deleterious effects of herbicides.

c) The toxic and adverse effects of Dioxin have been well documented and are familiar to all of us (excepting documentation prepared by chemicals companies).

Other chemical present in the herbicide spray, as well as the dispersal agent itself, are frequently the cause of illness. Not only is a predisposed individual likely to have immediate adverse reactions to such chemicals, but the majority of people are affected sooner or later. Certain studies indicate an cumulative effect and it is presumed that our exposure to low levels over long period of time are probably equal to higher levels over shorter periods of time. Numerous experts agree that chemical sprays seriously impair the body's immune system and reduce its ability to resist viral infections and cancer. You may find no pesticides or herbicides in the blood or urine of someone suffering from chemical poisoning, but then you find no pollen in the body of a person suffering from hay fever.

It is generally accepted that a turf which is well managed by

mowing and judicious applications of appropriate fertilizer, will be luxuriant and practically weedless. It would appear to us that this preventive approach to weed control in the school-yards and parks is much superior to the unnecessary use of chemicals. Children, who comprise a large percentage of the exposed population in school-yards and parks, are particularly placed at risk by these chemical exposures which are encountered by inhalation, contact or ingestion.

It is much better to prevent the development of illness and disease by the avoidance of known causes, such as the herbicide solutions used in the spray program, than it is to treat the sickness caused by such exposures.

These chemicals are a real threat to the health of society.

THERE IS STRENGTH IN NUMBERS -- WRITE TODAY.

WILD GAME

Reindeer are raised commercially on the Canadian Reindeer Reserve, Tuktoyaktuk, Northwest Territories. They are free ranging and feed on lichens and other natural plants. The meat is inspected by the Department of Agriculture and is entirely free from man-made additives. This meat may be ordered in large quantities only. If any member is interested in obtaining some, please call Lynda Brooks (836-4565) before the end of February. Lynda will record the amount requested and order if there is enough interest shown.

Moose is available to those members requiring wild game, who have not already been supplied. Please contact Lynda Brooks (836-4565) if your supply is running low; supplies are limited.

Venison is now available in limited quantity. For an order, or further information, call Lynda Brooks (836-4565)

CHARCOAL MASKS

Nurti-Chem pharmacy, 1303 Richmond Rd. (820-4200) will carry a supply of charcoal 3M masks if there is enough interest shown. Charcoal masks have changed from number 81713 to 9913 and are now good for dust and mist. If you are interested in having a supplier in the West end, please contact Nutri-Chem.

HELPFUL HINT

Put one pound of baking soda in one gallon of latex paint and leave for 24 hours. Paint will be safe -- that is, odorless.

URGENT - ECOLOGICALLY SAFE DWELLING

One of our members requires an ecologically safe place to stay for awhile. If anyone knows of such a place, please contact Lynda Brooks (836-4565) immediately.

1.

LIBRARY LIST

January 1983

The Foundation Library is located in the home of Janet Lee, 1273 Rideout Crescent, Ottawa. The location is West on Baseline Road from Baseline-Woodroffe intersection. Turn right on Highgate, right on Westbury, left on Rideout. Buses Nos. 77 and 78 stop at the corner of Baseline and Highgate. There is a dog in the home. If you plan to visit the library, please call Janet at 828-2547. If you are unable to visit the library she will be happy to mail (C.O.D.) any written material available.

NOTE: FINAL RESPONSIBILITY FOR USING ANY INFORMATION OR SUGGESTIONS MENTIONED IN ANY MATERIAL IN THE LIBRARY IS THAT OF THE INDIVIDUAL MEMBER.

I. HUMAN ECOLOGY (Clinical)

1. Clinical Ecology, ed by Lawrence D. Dickey
2. Common Sense for the Sensitive. Hamilton Chapter of the H.E.F. Canada. Forward by J.G. MacLennan, M.D.
3. Dress for Health. Stephen B. Nussdorf & Maggie Rollo Nussdorf.
4. H.E.F. Quarterlies
5. H.E.F. Newsletters - Ottawa
6. Human Ecology and Susceptibility to the Chemical Environment. by T.G. Randolph, M.D.
7. Papers by J.G. MacLennan, M.D.

"The relationship of human ecology to chronic human disease"
 "Ecologic Control of chemical exposures"
 "The Ecologic Management of pregnancy and the newborn"
 "The ecologic road to good health"
 "Comprehensive Hospital Environmental Control Measures for the chemically susceptible patient"

II. ALLERGY

Allergies and the Hyperactive Child. Doris Rapp, M.D.
 Eating and Allergy. R. Eagle
 Food Allergy, Rinkel, Randolph & Zeller
 Five-Day Allergy Relief System. Marshall Mandell, M.D.
 Management of Complex Allergies. Natalie Golos
 Tracking Down Hidden Food Allergy. Wm. Crook, M.D.
 Booklets: "Poison Ivy, Oak and Sumac"
 "You and Allergy"
 Allergy Information Association - newsletters

III. NUTRITION

3.

Body, Mind & B Vitamins. R.Adams, F. Murray
The Book of Vitamin Therapy. H.Rosenberg, M.D.
Beware of the Food You Eat. R. Winter
BeSlim and Healthy. L. Clark
The Complete Handbook of Nutrition. G.& S. Null.
Canada Food Strategy. Monique Begin 1978 - paper
EN-trophy Institute Review - Journals
The First Clinical Ecology Cookbook. R. Greer
Food for Nought. R.H. Hall
Food Game or Self-Help Survival Kit - The Rotation Game
Get Well Naturally. L. Clark
Glandulars in Human Nutrition. J.Rothschild, M.D. (paper)
Growing Natural. J. Gillespie
Health for the Millions. H.M. Shelton
Health Through Nutrition. L. Kardel
Health's-A-Poppin. G. Paterson, ed.
How to be Healthy with Natural Foods. E.E.Marsh
Is Low Blood Sugar Making You a Nutritional Cripple?
R. Adams, F. Murray
Know your Nutrition. L. Clark
Low Blood Sugar, the Hidden Menace of Hypoglycemia.
C.G. Martin
Light on your Health Problems. L. Clark
Mega-Nutrients. H. Newbold
Natural Nutrition Guide - Healthful Living Digest
Nutrition Against Disease. R.J. Williams
Nutrition in a Nutshell. R.J.Williams
Nutritional Treatment for Allergies. J.Rothschild (paper)
Overfed but Undernourished. C.Wood
Orthomolecular Nutrition. A.Hoffer, M. Walker
Psycho-dietetics. E. Cheraskin, M.D., Wm. Ringsdorf, M.D.
Putting Food By. R.Hertzberg, B.Vaughan, J.Greene.
Stay Alive Longer. L.Kordel

IV. DIET

4.

Diet, Crime and Delinquency. A. Schauss
Diet for a Small Planet. F.M. Lappe
Eating and Allergy. R. Eagle
Food Combining Handbook. G. Null
Magic of Herbs in Daily Living. R. Lucas
Odd Vegetable Cookbook. S. Henderson
The Rotation Game. S. Rockwell
Sprouts for Dieters. D.C. Pollard
Tape: Rotation Diet. April 1981. Nora Muise

V. CHEMICAL AWARENESS

Air Pollution in the Schools - and its effect on our
Children. Kathleen A. Blume
The Chemical Feast. James Turner
Chemical Victims. Richard MacKarness, M.D.
Food Additives and their Effect on Human Behavior and
General Health. The S.U.N. Centre Report
Lead Poisoning and the Fall of Rome. Journal of Occu-
pational Medicine
Not All in the Mind. Richard MacKarness, M.D.
Pollution Probe - Newsletters and memos.
Survey & Test Protocols for Point-of-Use Water Purifiers.
Health & Welfare Canada.
Susceptibility Report. Bruce Small
Urea Formaldehyde Insulation (information).
What are Pesticides Doing to Human Beings? Price Pottenger
Nutrition Foundation
Why Your House May Endanger Your Health. A. Zamm, M.D.
2-4-D Is It Safe? (booklet)

VI MISELLANEOUS

Celiac Disease (information)
The Effects of Weather on the Frequency and Severity of
Migraine Headaches in Southern Ontario. Atmospheric
Environment Service 1980.
Health and Light. John Ott

VI MISCELLANEOUS (Continued)

5.

Hyperactive Children. Society for Emotionally Disturbed Children

Keeping Heat In. Energy Mines & Resources Canada

Multiple Sclerosis (information)

Non-Smokers' Association - newsletters

The Parkinson Papers . - newsletters

S.E.D. Children - newsletters

Urban Reader. Social Planning. Den. 4, Vancouver, B.C.

Yogurt (information).

Booklets

Asthma, How to Live with It

The Best Gardening Ideas

Breathing Exercises for Asthmatic Children

Canadian Havens from Hay Fever. Canadian Lung Assoc.

The Care of a Child with Persistent Asthma

Newsclips on health issues.

So You Have Asthma, Welcome to the Club.

Willy the Wheeze.

Catalogue

Land's End. Direct Merchants. Dodgeville Wisconsin, USA
(men's and women's clothing, also bedding)

VII SOURCES

Air Purification Systems (information)

The Choice is Clear (water distilling)

Duro-Test. "Vita Life" Fluorescent Lighting

Fibre and Fabric Facts. Canada Textile Institute

Water Filters (information)

VIII MANAGEMENT OF STRESS

Anatomy of an Illness. Norman Cousins

Holistic Medicine from Stress to Optimum Health.
Kenneth Pelletier

Stress Without Distress. Hans Selye